# E−Cookbooks Recipe Sampler

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# Crockpot Recipe Sampler

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# Autumn Pork Chops

6 Thick pork chops
2 Medium acorn squash
3/4 teaspoon Salt
2 tablespoons Margarine, melted
3/4 cup Brown sugar
3/4 teaspoon Kitchen Bouquet
1 tablespoon Orange juice
1/2 teaspoon Orange peel, grated

Trim excess fat from pork chops. Cut each squash into 4 or 5 crossways slices; remove seeds. Arrange 3 chops on bottom of crockpot. Place all squash slices on top; then another layer of three remaining chops. Combine salt, butter, sugar, bouquet sauce, orange juice and orange peel. Spoon over chops. Cover and cook on low 6−8 hours or until done. Serve one or two slices of squash with each pork chop.

# Beef Bourguinon

4 pounds lean beef, cubed
1 cup red wine
1/3 cup oil
1 teaspoon thyme
1 teaspoon black pepper
8 slices bacon, diced
2 cloves garlic, crushed
1 onion, diced
1 pound mushrooms, sliced
1/3 cup flour

Marinate beef in wine,oil,thyme and pepper 4 hrs at room temp. or overnight in the fridge. In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all. Cook on LOW 8−9 hrs.

# Crockpot Brunswick Stew

3 medium onions, cut into thin wedges
2 lbs. chicken breasts or thighs, boneless and skinless, cut into 1 inch pieces
1 1/2 cups diced cooked ham (8 ounces)
1 (14.5 oz.) can diced tomatoes
1 (14 oz.) can chicken broth
4 cloves garlic, minced
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon dried thyme, crushed
1/4 teaspoon pepper
1/4 teaspoon bottled hot pepper sauce
1 (10 oz.) package frozen sliced okra (2 cups)
1 cup frozen baby lima beans
1 cup frozen whole kernel corn

In a 3 1/2− to 4−quart crockpot place onion. Top with chicken and ham. In a small bowl combine undrained tomatoes, broth, garlic, Worcestershire sauce, mustard, thyme, pepper, and hot pepper sauce; pour over chicken and ham. Cover and cook on low−heat setting for 8 to 10 hours or on high−heat setting for 4 to 5 hours.

Add okra, lima beans, and corn to crockpot. If using low−heat setting turn to high−heat setting. Cover and cook 45 minutes more or until vegetables are tender.

# Chicken Livers

1 pound Chicken livers
1/2 cup Flour
1 teaspoon Salt
1/4 teaspoon Pepper
3 Bacon slices, diced
3 Green onions, with tops, chopped
1 cup Chicken bouillon
1 can (10 1/2 oz.) Golden Mushroom soup
1 can Sliced mushrooms, 4−ounce (drained)
1/4 cup White wine −− dry or sauterne

Cut chicken livers into bite−size pieces; toss in flour, salt and pepper. Fry bacon pieces in large skillet; remove when brown. Add flour−coated chicken livers and green onion to bacon grease in skillet; saute until lightly browned. Pour chicken bouillon into skiIlet and stir into drippings. Pour all into crockpot. Add browned bacon bits and all remaining ingredients. Cover and cook on Low 4 to 6 hours. Serve over rice, toast or buttered noodles.

# Chinese Country Ribs

2 cups Ketchup
2 tablespoons Honey
2 tablespoons White Vinegar
2 tablespoons Soy sauce
1/4 teaspoon Five spice powder, (opt.)
1 small Onion: finely chopped
2 teaspoons Fresh ginger, minced
1 Garlic clove, minced
1 teaspoon Cornstarch, dissolved in 1 Teaspoon cold water
4 pounds Country ribs:, cut into individual
Hot cooked rice

In a 3−1/2 quart slow cooker, combine ketchup, honey, vinegar, soy sauce, five−spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the saurce of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender, 5−6 hours on LOW. Transfer the ribs to a platter and cover with aluminum foil to keep warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 cup. (6−8 minutes) Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immeadiately with hot cooked rice.

# Coca−Cola Pot Roast

3 pounds Beef
2 tablespoons Oil
1 can Tomatoes
1 cup Coca−Cola
1 each Onions, chopped
1 package Spaghetti sauce mix
1−1/2 teaspoons Salt
1/2 teaspoon Garlic salt

Brown meat in oil for ten minutes on each side; remove to crockpot. Drain fat. Break up tomatoes in their juice; add remaining ingredients, stirring until spaghetti sauce mix is dissolved. Pour over meat. Cover; simmer until meat is tender. Thicken gravy; serve over sliced meat.

# Corned Beef And Cabbage

2 medium Onions, sliced
2 1/2 pounds Corned beef brisket
1 cup Apple juice
1/4 cup Brown sugar, packed
2 teaspoons Orange peel, finely shredded
2 teaspoons Prepared mustard
6 Whole cloves
6 Cabbage wedges

Place onions in crockpot. Trim away any fat that might be present on the brisket. If needed, cut brisket to fit into crockpot; place on top of onions. In a bowl, combine apple juice, sugar, orange peel, mustard, and cloves; pour over brisket. Place cabbage on top of brisket. Cover; cook on low setting for 10 to 12 hours or high setting for 5 − 6 hours.

# Crockpot Cream Cheese Chicken

3 lbs. chicken pieces
1 package Italian salad dressing mix
4 tablespoons melted butter, divided
1 small onion, chopped
1 clove garlic, chopped
1 can cream of chicken soup
8 ounces cream cheese
1/2 cup chicken broth

Place chicken pieces in crockpot and sprinkle Italian salad dressing mix over the chicken. Drizzle 2 Tbsp. melted butter over chicken. Cook on low for 6 hours. Melt 2 Tbsp. butter in a saucepan and saute onion and garlic. Add the cream of chicken soup, cream cheese, and chicken broth. Stir until smooth. Add this mixture to the crockpot and cook on low for an additional 1 1/2 to 2 hours.

# Crockpot Corn

1 large Bag frozen corn
8 ounces Pkg. cream cheese
1 Stick margarine
Salt and pepper to taste

Melt cream cheese and margarine in microwave. Spray crockpot with vegetable spray. Put melted cream cheese and margarine in crockpot. Add corn, salt and pepper. Cook in crockpot for two hours on low.

# Enchiladas

1 pound Hamburger
1 Onion, chopped
4 1/2 ounces Can chopped chilies
1 can Mild enchilada sauce
10 1/2 ounces Golden mushroom soup
10 1/2 ounces Cheddar cheese soup
10 1/2 ounces Cream of mushroom soup
10 1/2 ounces Cream of celery soup
1 package tortilla chips

Brown hamburger and chopped onion, pour off grease. Put all ingredients in crock pot except Doritos chips. Mix and cook low 4 to 6 hours. Last 15 minutes before you are ready to eat, add tortilla chips and stir.

# Fall Lamb And Vegetable Stew

2 pounds Lamb stew meat
2 Tomatoes
1 Summer squash
1 Zucchini
1 Potatoes
1 can Mushrooms, sliced
1/2 cup Bell peppers, chopped
1 cup Onions, chopped
2 teaspoons Salt
1 each Garlic cloves, crushed
1/2 teaspoon Thyme leaves
1 each Bay leaves
2 cups Stock, chicken
2 tablespoons Butter
2 tablespoons Flour

Peel, seed, and chop tomatoes. Slice summer squash and zucchini. Dice potatoes. Place lamb and vegetables in crockpot. Mix salt, garlic, thyme, and bay leaf into stock; pour over lamb and vegetables. Cover and cook on low 8 hours. (Don't peek. Lifting the lid prolongs cooking time.) Turn to high. Blend flour and butter, then shape into small balls. Drop into stew and cook, stirring several times, until thickened. Serve over hot noodles or rice.

# French Onion Beef

1 1/4 pounds Boneless beef round steak
1 package (8 oz) fresh sliced mushrooms
1 large Onion sliced into rings
1 can French onion soup condensed
1 package 15 minute herb stuffing mix
1/4 cup Margarine or butter, melted
4 ounces Shredded mozzarella cheese

Cut beef into 6 serving−size pieces. Layer half of the beef, mushrooms and onion in 3 1/2 to 4−quart slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover; cook on low setting for 8 to 10 hours or until beef is tender and no longer pink. Before serving, toss stuffing mix and contents of seasoning packet with melted margarine and 1/2 cup liquid from pot. Place stuffing on top of contents in slow cooker; cover. Increase heat to high setting. Cook 10 minutes or until stuffing is fluffy. Sprinkle with cheese; cover. Cook until cheese is melted.

# Fresh Artichokes

2 large Fresh artichokes
6 cups −Water, hot
4 slices Lemon, thin slices
1/3 cup Butter; or margarine, melted
3 tablespoons Lemon juice
1/4 teaspoon Seasoned salt

With sharp knife, slice about 1" off top of each artichoke; cut off stem near base. With scissors, trim about 1/2" off top of each leaf. With sharp knife, halve each artichoke vertically; then scoop out and discard the fuzzy center or choke. Place artichoke halves in slowcooker; add hot water and lemon slices. Cover and cook on HIGH 4 to 5 hrs. or until done. Drain; serve with sauce. Lemon butter sauce − combine all ingredients.

# Ham And Scalloped Potatoes

8 slices Of ham
10 medium Potatoes, thinly sliced
1 cup Grated Cheddar
2 Onions, thinly sliced
1 can Cream of mushroom soup
Paprika
Salt and pepper to taste

Toss sliced potatoes in 1/2 teaspoon cream of tartar and 1 cup water. Drain. Put half of ham, potatoes, and onions in crockpot. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8 to 10 hours. (High: 4 hours).

# Hawaiian Chicken Breasts

4 Green onions
3 Tablespoons Butter
4 Chicken breast halves
Flour seasoned with
salt and pepper
1 Can sliced pineapple, (14 Ounces)
1 Avocado
Rice; hot, buttered

Chop onions using only 1" of green tops. Saute in 1 T of butter until glazed. Transfer to crock pot. Coat chicken breasts in seasoned flour. Saute in butter until brown on both sides. Transfer to crock pot. Drain pineapple. Pour juice over chicken. Cover and cook on low 3−4 hours (high 1 1/2 − 2 hours) or until breasts are tender. Saute pineapple slices in butter until golden. Place on heated plater. Top each with a chicken breast. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast. Serve pan drippings over rice.

# Home−Style Bread Pudding

2 Eggs, slightly beaten
2 1/4 Cup Milk
1 Teaspoon Vanilla
1/2 Teaspoon Cinnamon
1/4 Teaspoon Salt
2 Cup 1−inch bread cubes
1/2 Cup Brown sugar
1/2 Cup Raisins or chopped dates

In medium mixing bowl, combine eggs with milk, vanilla, cinnamon, salt, bread, sugar, and raisins or dates. Pour into 1 1/2−qt. baking dish. Place metal trivet or rack in bottom of crockpot. Add 1/2 cup hot water. Set baking dish on trivet. Cover pot; cook on high for about 2 hours. Serve pudding warm or cool.

# Hungarian Goulash

2 Pounds Round steaks, cut in 1/2" − cubes
1 Cup Chopped onion
1 Clove garlic, minced
2 Tablespoon Flour
1 Teaspoon Salt
1/2 Teaspoon Pepper
1−1/2 Teaspoon Paprika
1/4 Teaspoon Dried thyme, crushed
1 (14 1/2 oz) can tomatoes
1 Cup Sour cream
Noodles

Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low 8−10 hours Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4−5 hours, stirring occasionally.) Serve over hot buttered noodles.

# Italian Chicken

1 frying chicken, cut into pieces
1 teaspoon seasoned salt
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons Parmesan cheese, grated
1/2 cup chicken stock
1 can mushrooms, drained
1/2 teaspoon paprika
zucchini, sliced into medium pieces
freshly ground black pepper
parsley to garnish

Sprinkle chicken with seasoned salt. Combine flour, salt, pepper, cheese, and paprika. Coat chicken pieces with mixture. Place zucchini in bottom of Crockpot. Pour stock over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for another 10−15 minutes. Garnish with freshly ground black pepper and parsley.

# Lemon Roast Chicken

Chicken whole
1 dash Salt
1 dash Pepper
1 teaspoon Oregano
2 Cloves minced garlic
2 tablespoons Butter
1/4 cup Water
3 tablespoons Lemon juice

Wash chicken,pat dry, season with salt and pepper. Sprinkle 1/2 oregano and garlic inside cavity. Melt butter in large frying pan. Brown chicken on all sides. Transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan, stir to loosen brown bits. Pour into crock pot. Cover. Cook on LOW 8 hours. Add lemon juice in the last hour of cooking. Transfer chicken to cutting board. Skim fat. Pour juice into sauce bowl. Carve bird. Serve with some juice spooned over chicken.

# Marinated Beef Pot Roast

3 pounds roast, trimmed
2 tablespoons oil
Flour and water paste, optional
1 cup tomato juice
3 tablespoons mustard, prepared
4 tablespoons worcestershire sauce
1 teaspoon basil
1 teaspoon oregano
1 teaspoon onion powder
1 teaspoon garlic salt
1/4 teaspoon fresh ground black pepper

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels. Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8−10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.)

# Meatloaf

1/2 cup whole milk
2 white bread slices
1−1/2 pounds ground beef
2 eggs
1 small onion, peeled
1−1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dry mustard
12 ounces tomatoes, whole

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours. Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

# New England Boiled Dinner

3 pounds Corned beef
6 Carrots, cut in half Lengthwise
6 Potatoes, cut in half Lengthwise
1 medium Size head of cabbage
3 cups Water
6 Turnips, cut in quarters

Place corned beef and water in Crock Pot Cooker.Cover. Set on high. When steaming vigorously,set to medium and continue cooking 2 1/2 hours. Remove meat from cooker.Put potatoes, turnips,carrots and cabbage in Cooker. Place meat on top of vegetables. Cover and when mixture is steaming briskly, set to medium. Cook for 45 minutes. Ham may be used in place of corned beef, if desired.

# Potato Stuffed Cabbage

1 head cabbage
5 pounds potatoes, peeled
2 onions
1/2 cup rice, raw
1 teaspoon dried dill weed
1/4 teaspoon black pepper, ground
2 egg whites
28 ounces tomatoes
1 apple, peeled and sliced
1/4 teaspoon ground ginger

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf). Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture. Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 tablespoon of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary. Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot. Cook at low heat for 4 to 5 hours.

# Savory Swiss Steak

1−1/2 pounds Round steak
1/4 cup Flour
2 teaspoons Dry mustard
1 teaspoon Salt
1/4 teaspoon Pepper
2 tablespoons Butter
2 tablespoons Oil
1 Onion, finely chopped
2 Carrots, peeled and grated
2 Stalks celery, finely chopped
1 can (16 oz) tomatoes
2 tablespoons Worcestershire sauce
1 tablespoon Brown sugar

Cut steak into 6 serving−size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown meat in half the butter and oil. Transfer to crockpot. Heat remaining butter and oil in frying pan. Saute onions, carrots and celery until glazed. Add tomatoes, Worcestershire and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low, 6 to 8 hours, or until tender. Serve meat with sauce spooned over. Sprinkle with parsley.

## Crockpot Scalloped Potatoes

6−8 thinly sliced potatoes
1 can cheddar cheese soup
1 cup velveeta cheese
1 1/2 cups grated sharp cheddar cheese
1 can (12 oz.) evaporated milk
Salt and pepper

Spray crockpot with cooking spray. Fill crockpot half full of the sliced potatoes. Layer 1/2 can of soup, 1/2 cup velveeta cheese, chunked, 3/4 cup grated sharp cheese, and 1/2 can of milk. Add salt and pepper to taste. Layer remaining ingredients in same order. Cook on high about 6 hours. You need to check for you may need to add more milk. You can parboil the potatoes for quicker cooking.

# Slow Cook Jambalaya

1 Bell pepper, chopped
1 Onion, chopped
2 Medium tomatoes, chopped
1 cup Chopped celery
1 Clove garlic, crushed
2 tablespoons Minced parsley
2 teaspoons Chopped thyme leaves
2 teaspoons Oregano leaves, chopped
1/8 teaspoon Cayenne
1/2 teaspoon Salt
4 ounces Smoked sausage, chopped
8 ounces Chicken breast, chopped
2 cups Beef broth or bouillon
1/2 pound Cooked shelled shrimp
1 cup Cooked rice

Shell shrimp, halve lengthwise. In slow cooker,combine all ingred. except shrimp & rice. Cover & cook on low 9−10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20−30 minutes.

# Sweet & Sour Chicken

1 each Carrot, cut in pieces
1 each Green pepper, cut in pieces
1 each Onion, quartered
2 tablespoons Tapioca, quick−cooking
4 each chicken breast, cut
8 ounces pineapple chunks in juice, canned un
1/3 cup Dark brown sugar, firmly pa
1/3 cup Red wine vinegar
1 tablespoon Soy sauce
1 teaspoon Chicken bouillon, instant g
1/2 teaspoon Garlic powder
2 tablespoons ginger root, minced
1 teaspoon cilantro, dried
Fresh cilantro
Rice, hot cooked

Put vegetables.in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken on top of vegetables. Combine all other ingredients except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for 8−10 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave.